



# **U.S. Marine Corps Update to AFEB 22 May 02**

**CAPT Ken Schor, MC, USN  
Preventive Medicine Officer,  
HQMC/HS**



# **ATTACKING PHYSICAL INJURIES: MAKING & MAINTAINING FIT & READY MARINES**

**A Programmatic Vision  
by HQMC, Health Services**

**CAPT Ken Schor, MC, USN**

Preventive Medicine Officer,  
HQMC/HS

**CDR Corley Puckett, MSC, USN**

Health Services Integrator, MCCDC

**LCDR Byron Conner, MC, USNR**

Preventive Medicine Resident,  
USCIBS



# Briefing Goals

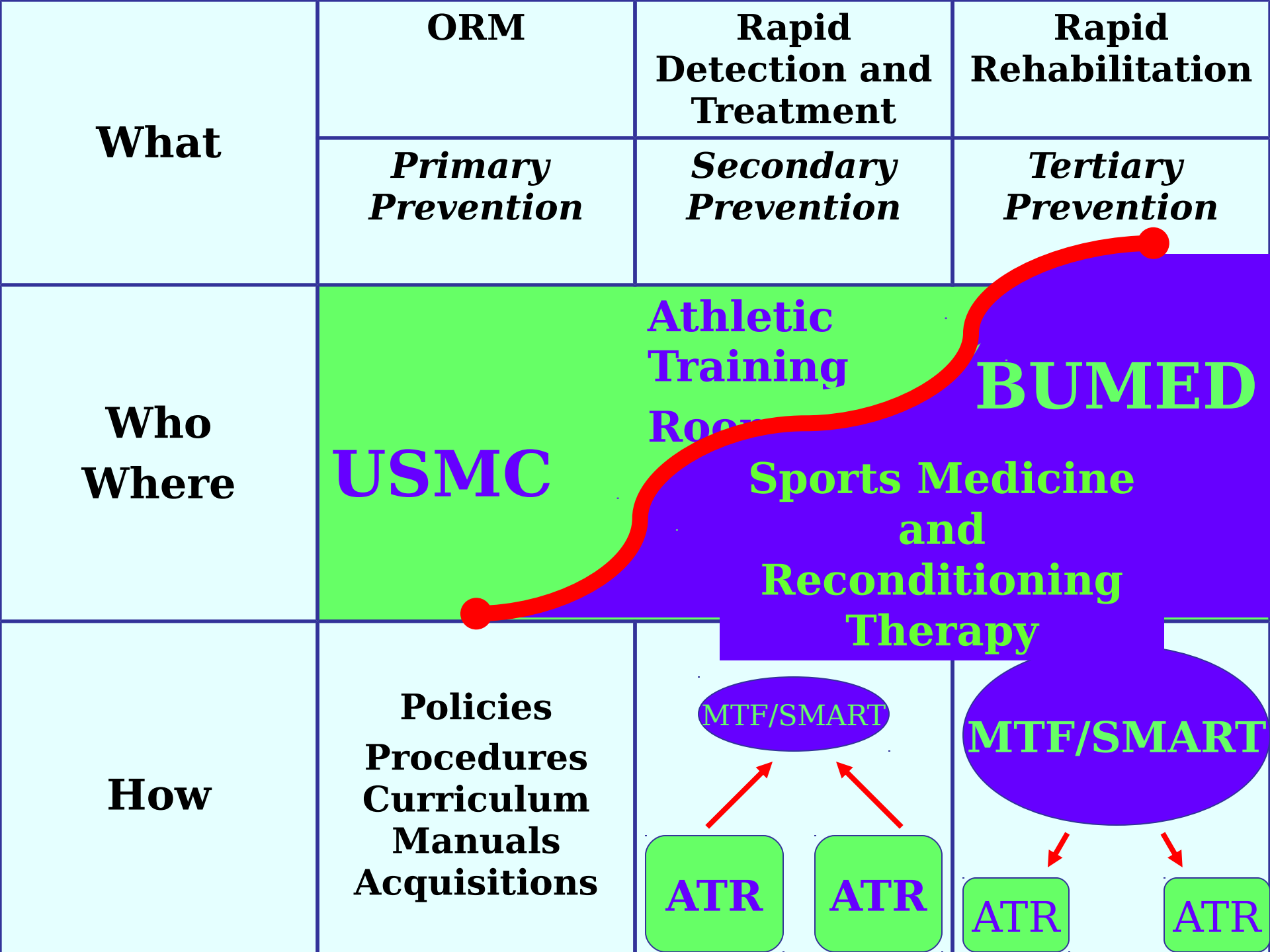
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- **Recommend strategy to decrease injuries:**
  - **Decrease musculoskeletal injury attrition**
    - Data-driven, targeted change in tactics, techniques, procedures, & policy
    - *Lead by Marines, for Marines*
  - **Rapidly return to duty injured Marines & prevent re-injury**
    - Optimize medical care c/w Sports Medicine principles
    - Marines as "Athlete Warriors"
- **Alert leaders to *draft* UNS**
  - "Marine Corps Program for Sports Medicine & Injury Prevention"
- **Seek modest funding**



# Marine Corps Injuries: Points of Reference

- **Physical Evaluation Board (PEB) Attrition**  
(Jan 1997 through Dec 2000--total 10,708 Marines discharged)
  - 5,762 (**53.8%**) rated “musculoskeletal” disability code
    - 2034 (**42%**) degenerative arthritis
    - ~3/4 (**75%**) get 10% or less Disability Rating from PEB
  - Average 1,100 Marines per year (**2 years = 1 MEU**)
  - Female Marines **twice** (2x) rate of males
- **Recruit Training “Costs” per year**
  - Injury (musculoskeletal) attrition:
    - ~**704** Recruits
    - ~**\$5.5M** personnel procurement expenses lost
    - ~**27 Recruiter years** of effort wasted
  - Average lost training days from injury per Recruit: **3**





# **Athletic Training Rooms**

**Program  
Management  
Office**

**S.M.A.R.T.  
Clinic**





# Proven Impact\*

- **SOI, Camp Pendleton, 1996-1998**
  - 33% decrease in musculoskeletal attrition
  - Saved > 21,000 lost training days
  - Saved > \$ 1.25 Million in attrition costs
- **MCRD, Parris Island, 1998-2000**
  - 49% medical attrition reduction over 2 years
- **MCRD, San Diego, 1990-1994**
  - 50% reduction in MRP population
- **MCRD, San Diego, 11 DEC 2000**
  - "MCRD-SD does not currently have a S.M.A.R.T. Center. Medical attrition, lost training days, and x-ray usage rates are at all time highs and trending upward."

**CDR T. A. Balcom, Sports Medicine Director, MCRD-SD**

**\*S.M.A.R.T Center Proposal for the Executive Steering Council, Naval Medical Center,**



# Potential Return on Investment

## Goal (Reduction)

## Outcome

***Total Force Attrition***

**Injury PEB Attrition**

**20%**



- Retain **~200** Marines/yr.
  - Save **\$9** Million/yr. in 'Street to Fleet' expenses

***Recruit Attrition***

**Injury Attrition**

**20%**



**Lost Training Days**

**33%**



- Retain **~140** Recruits/year
  - Save **5.4** years Recruiter time/year
  - Save **\$1.1** Million/year in 'cost to recruit' expenses
- Decrease total LTD from **3** to **2**